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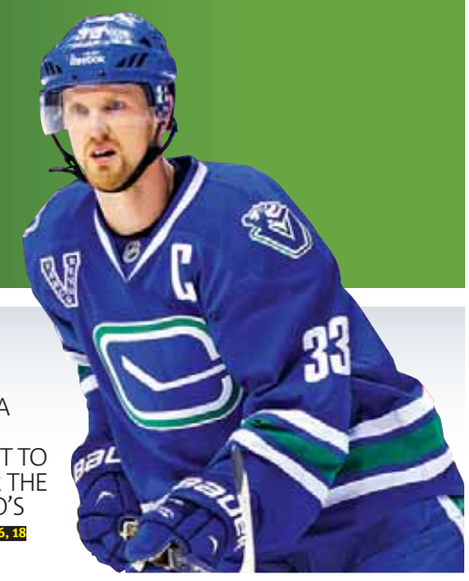

‘Strong likelihood’ of charges in fatal crash

A Langley man remains in serious condition after his van allegedly T-boned another vehicle, killing three women and two children in Surrey PAGE 3

Not-guilty plea in hang-gliding death

Pilot’s trial set for October following a woman’s 300-metre plunge during a tandem flight last year PAGE 3

LUCK, PLUCK AND PUCKS

WHETHER YOU’RE A CANUCK, A HAB OR A LEAF, IT TAKES THESE THREE INGREDIENTS TO MAKE IT TO THE PLAYOFFS. GET READY FOR THE BIG SHOWDOWN WITH METRO’S POST-SEASON PREVIEW PAGES 15, 16, 18

From left: Conservative Leader John Cummins, Liberal Leader Christy Clark, NDP Leader Adrian Dix and Green Party Leader Jane Sterk are pictured at a TV debate Monday night in Vancouver.

B.C. BROADCAST CONSORTIUM/POOL

Dix, Clark drop the gloves at debate

Race for votes. NDP and Liberal leaders dominate televised contest as they tussle over spending and their credibility

MATT KIELTYKA
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Premier Christy Clark didn’t get a one-on-one debate with NDP Leader Adrian Dix, but she got plenty of face time with her rival during Monday night’s televised leaders’ debate.

More combative than at any point during the election campaign, Dix rose to the challenge and called out the premier’s credibility on the economy.

“In this campaign, we’ve said clearly what we’re going to do and clearly how we’re going to pay for it, and that’s the difference between the Liberal approach and ours,” Dix said during their first dustup.

Clark retorted: “You put out your platform. Everyone that’s read it says it’s only partly costed for British Columbians. You haven’t said where you’re going to get $3 billion worth of new government spending.”

Dix closed: “It says Debt-Free on the side of your bus, while you’re overseeing the largest increase in debt in B.C. history.”

Tit-for-tats like that one on the economy, jobs plan and skills training dominated the debate.

While Green Party Leader Jane Sterk and Conservative Leader John Cummins got their chance to present their views — and some clever quips — during the debate, the format largely allowed for Clark and Dix to steal the spotlight.

While Dix was largely on the defensive during Friday’s radio debate, he was stronger Monday and came up with one of the zingers of the night.

“Premier Clark, I don’t think it’s good for the province to run on a fact-free campaign,” he said, after Clark repeatedly told viewers the NDP plan wasn’t fully costed and that the Liberals had balanced the budget and controlled spending.

In the end, Dix said he felt good about his performance against Clark.

“I think it went very well for us,” Dix said. “In this campaign the facts and the evidence are working in favour of change, and I think that showed tonight.”

Clark wouldn’t offer a review of either her or Dix’s performance, insisting she hoped voters learned where both parties stand.

“To me, it’s about making sure where the leaders stand on the issues,” she said. “That’s what a leaders’ debate is about. I feel like I got a chance to say my piece and talk about what I stand for.”

Both of their fates, they said, are now in the hands of the voters on May 14 — though two hard weeks of campaigning remain.

Follow Matt Kieltyka on Twitter @Mkieltyka

‘I’m black. And I’m gay’

NBA veteran Jason Collins becomes the first active male player in a major pro sports league to come out of the closet PAGE 22

Tory budget goes small

After a flurry of criticism over last year’s stuffed omnibus budget bill, the Conservatives introduce a trimmer ‘minibus’ PAGE 5

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CBC

Trial set for October

Pilot accused in hang-gliding death pleads not guilty

The man accused of criminal negligence causing death and obstruction of justice in connection with the hang-gliding death of a B.C. woman has pleaded not guilty.

Pilot William Orders made the plea Monday at an arraignment hearing in provincial court in Chilliwack.

"It's a complicated case, a serious case," Orders' lawyer, Jeff Campbell, told reporters outside the court.

Campbell said his client now will be preparing for his six-day trial set for Oct. 22.

Orders, 50, was charged earlier this year with criminal negligence causing the death of 27-year-old Lenami Godinez-Avila, who fell about 300 metres moments after taking off from a mountain top during a tandem flight piloted by Orders.

She fell to her death on April 28 last year.

It took searchers about eight hours to find her body on a mountain side in the Fraser Valley.

Orders was charged with obstruction for allegedly swallowing the memory card from his camera after the woman fell. He was held in custody until police recovered the memory card.

Orders earlier apologized to the Mexican student's family, saying he wouldn't return to hang gliding. He said he was sincerely and deeply sorry, adding he wished the day would have turned out differently. THE CANADIAN PRESS

A bouquet of flowers hangs on the door outside Sachdeva Sweets in Surrey on Monday. Friends have identified the victims of a horrific crash in Surrey on Sunday as members of the Sachdeva family: a mother, her two children, their aunt and grandmother. ERIC DREGER/THE CANADIAN PRESS

Charges likely in Surrey crash that killed five

'A devastating loss.' Victims, all part of the same family, died when their car was rammed by a minivan

EMILY JACKSON
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A Surrey family is dealing with what the RCMP say is "inconceivable grief" after five members from three generations were killed when their car was T-boned by a minivan that authorities believe ran a red light near the U.S. border on Sunday morning.

A mother, 31, her three-year-old daughter, five-year-old son, their aunt, 47, and grandmother, 68, died at the scene when a Dodge Caravan travelling west on 32 Avenue smashed into their Toyota Corolla heading north on 176 Street around 11 a.m.

The minivan's driver and sole occupant, a 46-year-old Langley man, was the only survivor. He remains in hospital in serious but stable condition.

Police will not release the victims' names, but friends have identified them as members of the Sachdeva family, operators of a Surrey sweet shop.

A bouquet of flowers was fixed to the Sachdeva Sweets storefront Monday afternoon, along with a sign stating, "Close (sic) for a few days. Family emergency. Sorry."

Neighbouring business owners expressed disbelief at the tragedy and condolences poured in on social media as police continued to piece together the accident in an investigation that could take months.

But based on preliminary information indicating the minivan's driver did not stop at the red light, there's a "strong likelihood" the man will face charges, Surrey RCMP Insp. Lee Chanin said at a news conference Monday.

It's too early to say how fast the vehicles were travelling, but metal debris scattered more than 100 metres from the intersection suggests excessive speed was likely a factor, Chanin said.

It's not yet known if alcohol, drugs or a medical condition were involved, and a camera at the intersection did not capture the incident — the most horrific crash police have seen in the detachment's history, Chanin said.

"You can put yourself in the family's shoes.... It's a devastating loss," he said, adding the thoughts and prayers of the community and emergency responders are with the family.

Eight people have died in four fatal car accidents in Surrey this year. Speeding is a concern in the city, police said.

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Burnaby. Mentally ill man who killed wife in front of daughters gets life in jail

A Burnaby man who stabbed his estranged wife while their three young daughters screamed in horror has been sentenced to life in prison with no parole for 15 years.

A sweeping publication ban prevents any names or specifics from being revealed to protect the identity of the couple's five children, aged three to 16 at the time of the murder.

The accused was sentenced in B.C. Supreme Court Monday by Justice Catherine Bruce, who told the court the man suffers from a delusional disorder and was off his anti-psychotic medication at the time.

"The accused has no memory of the events and is unable to explain why he would have murdered the victim," said Bruce.

She noted that the man recently expressed the belief that his wife was still alive and that people were lying to him about the murder.

In 2009, the man arrived unannounced at the victim's home to use the washroom.

He picked up a large knife in the kitchen and went into the living room where the victim was watching TV with their three young daughters.

The man stabbed his estranged wife multiple times in the chest, back and limbs, deeply enough to puncture bone.

On Jan. 14, he was convicted of second-degree murder.

CARA MCKENNA/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

High risk

Justice Catherine Bruce said 15 years without parole is appropriate because the man is unable to acknowledge his illness, was lucid enough to know what was happening at the time of the stabbing and continues to be dangerous.

BC Transit. Driver found liable for senior's fall

A BC Transit bus driver has been found liable for an elderly man's fall while he was exiting the back door of a bus.

The B.C. Supreme Court ruling found that bus drivers have a responsibility to drop passengers off in a safe location, especially during wintery weather.

William Falconer, now 93, sued BC Transit for the injury he sustained when exiting a bus in Kamloops in January 2008.

The only issue at trial was whether BC Transit was negligent and if the plaintiff contributed to his fall.

A longtime athlete, Falconer slipped as he stepped off the bus. He heard his ankle snap and fell on the road.

The bus driver didn't notice the fall and did not stop to assist, the court was told.

A passerby covered Falconer in a blanket and called an ambulance.

Falconer testified he noticed a "skiff of snow and ice" on the uneven road where he was let off — about a bus length from the bus stop sign.

Justice Patrice Abrioux concluded the bus driver was 75 per cent liable for Falconer's injury.

NEAL HALL/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

No moratorium

Candidate misspoke on fracking, says Dix

NDP Leader Adrian Dix said Monday that Cariboo-Chilcotin candidate Charlie Wyse "misspoke" in a debate in Bridge Lake on Friday when he said his party supports a two-year moratorium on natural-gas fracking.

"The words we've expressed for a number of years are clear that we don't support a moratorium on hydraulic fracturing," the Opposition leader said.

"We do support a review. We are concerned about issues around water use and we will conduct that, should we be elected, based on the science."

Dix said natural-gas extractors would be able to conduct business as usual while the province awaits the results of the review.

The Liberals sent out a press release Monday accusing the NDP of hiding a secret agenda to "kill an industry that is helping to drive the B.C. economy."

KATE WEBB/METRO

B.C. NDP Leader Adrian Dix promised to reinstate the Therapeutics Initiative's budget and then some if elected. DARRYL DYCK/THE CANADIAN PRESS

Liberals slammed for erasing funds to drug watchdog

Therapeutics Initiative.
NDP joined by other parties during debate in condemning decision

KATE WEBB
kate.webb@metronews.ca

NDP Leader Adrian Dix used the morning before the televised leaders' debate to attack the B.C. Liberals for axing funding for the Therapeutics Initiative (TI), an independent drug watchdog that assesses prescription drugs.

Tory Leader John Cummins and Green Leader Jane Sterk joined Dix during Friday's radio debate in roundly condemning the decision to slash the TI's $1 million in annual funding.

Dix promised to reinstate the UBC body's budget and then some if elected, by $1 million in 2013 and another $2 million next year.

When asked during the CKNW radio debate why she killed the TI, Premier Christy Clark was vague.

"It's a complicated system in making sure we are managing the cost of drugs as best we can and respecting the private sector at the same time," she said.

Allan Cassels, a pharmaceutical policy analyst at the University of Victoria, said that's code for the party caving to industry pressure.

He said thanks to the initiative, which was brought in by the NDP in 1994, B.C. spends the least per capita on pharmaceuticals in the country at $736 per person, versus Nova Scotia's $1,160.

He explained that is because the TI works to prevent conflicts of interest that can arise when doctors who work for the industry also sit on the boards evaluating the drugs.

In some cases, TI has suppressed mass distribution of drugs after they were discovered to have fatal side effects. He estimated the suppression of arthritis medication Vioxx alone saved 500 lives.

Well worth the cash

"It is indisputable that the Therapeutics Initiative has saved lives and saved enormous resources."

NDP Leader Adrian Dix, adding that analysts have said TI saved as much as 14 per cent of the PharmaCare budget.

Closing arguments to begin at ferry trial

The sinking of the Queen of the North ferry off B.C.'s northern coast is a story made of many chapters.

There is the mystery of two missing passengers who vanished the night the ferry sank seven years ago.

There are dramatic tales of survival. The cleaner who was trapped in her room as it filled with water, escaping with seconds to spare. The passengers who bobbed in life rafts in the darkness as they watched the ferry slip below the water.

And there are the personal transgressions of Karl Lilgert, charged with criminal negligence causing death, and his former lover, Karen Briker, whose affair was laid bare at the trial. The pair was on the bridge when the ship struck a remote island.

Those chapters will be stitched together starting Thursday, when the Crown and defence present their closing arguments to the jury.

The only two people who know exactly what happened on the bridge that night — Briker and Lilgert — each testified at the trial, but neither was able to explain why an otherwise routine sailing turned catastrophic.

Crown prosecutor Michel Huot suggested Lilgert fabricated his entire story to cover up the fact he was distracted by Briker — either because the pair was having sex or having an argument about their recent break up.

THE CANADIAN PRESS

2013 budget: From omnibus to minibus

A modest proposal. Flaherty warns of federal public service cuts in fiscal future

Finance Minister Jim Flaherty tabled a trimmed-down budget bill Monday that he promised would face the proper parliamentary scrutiny, but the official opposition says the legislation still needs to be chopped up.

The Conservatives faced intense criticism over their so-called "omnibus" budget bills last year, which were stuffed with a laundry list of policy measures, including controversial changes to environmental monitoring.

The NDP and the Liberals introduced more than 1,000 amendments to the 2012 bill to register dismay with both the process and the content.

This year's version is more modest in length, and Flaherty promised that sections would be studied by different parliamentary committees.

Trimming down

"This is a smaller budget ... we did a lot of the heavy lifting in the budget last year."
Finance Minister Jim Flaherty

"So we'll have a minibus instead of an omnibus?" Flaherty joked to reporters after question period Monday.

But Flaherty did not acknowledge a link between the criticism last year and the shorter bill this year. This year's legislation comes in at 125 pages, compared with 452 last year.

Another budget bill is expected later in the year to implement more of the government's promised changes.

"We had a very large budget last year and we had to put a lot of legislation into the first budget bill and the second budget bill was substantial too," Flaherty said.

THE CANADIAN PRESS

Finance Minister Jim Flaherty speaks to reporters in the foyer of the House of Commons in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

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Growing labour dispute

Alberta courts plan to run despite striking staff

The Alberta government is trying to slam a legal lid on an illegal strike by jail guards that has already boiled over into the province's court system.

The government went to court late Monday afternoon to ask a judge to find the Alberta Union of Provincial Employees in contempt of court for defying a Saturday labour board ruling that ordered Edmonton Remand Centre guards back to work.

The government made the move after provincial sheriffs, court clerks and social workers picketed in Edmonton, Calgary and Lethbridge. THE CANADIAN PRESS

Dismemberment case

Luka Rocco Magnotta to stand trial in fall 2014

The trial of accused killer Luka Rocco Magnotta will begin in September 2014, more than two years after his arrest in the death of university student Jun Lin.

Magnotta appeared on Monday in a Montreal courtroom, where his jury trial was set for Sept. 15, 2014. It is scheduled to last six to eight weeks.

Defence lawyer Luc Leclair requested an earlier start date and even asked the judge whether April 2014 would be a possibility. Justice Andre Vincent replied that nothing was available before September.

THE CANADIAN PRESS

Bangladesh factory

Loblaw to compensate victims, families

The only Canadian retailer to publicly acknowledge it used a manufacturer in a poorly made Bangladeshi building that collapsed and killed hundreds last week said Monday it will pay compensation for the families of victims.

Loblaw Inc. — which had some products for its Joe Fresh clothing line made in one of the garment factories in the building — said it aimed to ensure victims and their families "receive benefits now and in the future."

At least 382 people died in the collapse.

THE CANADIAN PRESS

Market Minute

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Natural gas: $4.38 US (+23¢)
Dow Jones: 14,818.75 (+106.20)

Montreal

BMO to launch tiny 'studio' bank branches

The Bank of Montreal is launching a plan to open tiny bank branches that will be staffed by just a handful of employees.

Chief executive William Downe says the bank is opening what it calls a "studio" branch next week in a Montreal condominium. The 900-square foot site will have just four employees. Downe says the branch is integrated into the condo development.

BMO has test-marketed the "studio" branch model in Quebec, with the intention of extending it right across its footprint, Downe told a Canadian Club luncheon. He says the bank has to connect with customers where they live.

THE CANADIAN PRESS

CBC exec is Twitter-bound

#careermove. Kirstine Stewart to be managing director for Canada at microblogging service

Kirstine Stewart THE CANADIAN PRESS FILE

CBC executive Kirstine Stewart is leaving the public broadcaster for Twitter Canada.

The CBC says the English services boss has accepted a position with the San Francisco-based social media company and is leaving CBC/Radio-Canada immediately.

And in a tweet on Monday, Twitter's recently established Canadian division said Stewart will be its new managing director of Canada.

Stewart has been at the public broadcaster for seven years. The CBC says a recruitment process to find a replacement for the role of executive vice-president of English services will be launched immediately.

THE CANADIAN PRESS

Now hiring

- Twitter Canada is also looking to hire an account executive and an account manager. See twitter.com/jobs/positions.

Virtual help. Google Now takes on Siri

Google is trying to upstage Siri, the sometimes droll assistant that answers questions and helps people manage their lives on Apple's iPhone and iPad.

The duel began Monday with the release of a free iPhone and iPad app that features Google Now, a technology that performs many of the same functions as Siri.

It's the first time that Google Now has been available on smartphones and tablet computers that aren't running on the latest version of Google's Android software. The technology, which debuted nine months ago, is being included in an upgrade to Google's search application for iOS, the Apple Inc. software that powers the iPhone, iPad and iPod Touch. It's up to each user to decide whether to activate Google Now within the redesigned Google Search app, available through Apple's app store.

THE ASSOCIATED PRESS

Abuzz over bee protections

Protesters dressed as bees gather on Parliament Square Saturday in London, England. On Monday, the European Union announced plans to restrict the use of three neonicotinoid pesticides to better protect dwindling bee populations. The move was cheered by environmentalists, questioned by chemical companies and came after the bloc's 27 nations failed to agree on a common stand. EU Consumer Commissioner Tonio Borg said his agency will override the deadlock and move "in the coming weeks" to restrict the pesticides on plants and cereals that attract bees. DAN KITWOOD/GETTY IMAGES

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VOCAL FRYING WITH THE KARDASHIANS

Aside from news anchors and a few choice loud talkers on public transit (you know who you are), it seems that most people hate the sound of their own voice.

A common complaint among self-conscious talkers is that the voice inside your head sounds a lot less nasally and annoying than the one other people are hearing in "real life."

You may never really know if your sensual breathy voice actually sounds like a raspy smoker's growl, but that doesn't mean it's not relevant. Like it or not, other people have a habit of making assumptions about attractiveness, intelligence, competency and a variety of other factors based on the sound of your voice.

SHE SAYS

Jessica Napier
metronews.ca

Researchers at University College London recently conducted a study on human vocal attractiveness in which participants were asked to assess the physical appearance of an unseen speaker based on their speech patterns.

Perhaps unsurprisingly, the study proved to uphold some primitive assumptions about heterosexual gender norms. Male participants found high-pitched female voices indicating a smaller body type to be more desirable; the women preferred deep low-pitched male voices signalling a larger and more physically dominant body type.

But while men might instinctually favour female partners with high-pitched voices, many young women have been dipping down the vocal register in recent years and adopting a quirky linguistic trend called vocal fry.

Almost a counterpoint to the rising intonation of Valley Girl up-talk, vocal fry is caused by slowly fluttering the vocal cords together to create a low gravelly sound.

This so called "creaky voice" has been popularized by young female celebrities such as Zooey Deschanel and Britney Spears and can be heard among gaggles of teenage girls in Forever 21 fitting rooms across the country.

The Kardashian sisters are especially well known for employing vocal fry to croak out long drawn-out words at the end of their sentences.

Some find this vocal trend grating to the ear, but others argue that women can benefit professionally by purposefully lowering their voices to equalize themselves among male colleagues. New York Times executive editor Jill Abramson is renowned for her distinct guttural vibrato and perhaps it is her low-pitched rattling voice that has helped her become the first female to head the paper in its 160-year history.

When it comes to professional success, the sound of your voice actually matters a lot more than you'd like to think. While studying speeches given by more than 100 business executives, researchers found that the speakers' voice quality accounted for 23 per cent of listeners' evaluations while the actual content of the speech only accounted for 11 per cent.

So next time you open your mouth, remember that it's not necessarily what you say that matters most but how you say it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

When being a crybaby pays off

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

No babies were harmed in the making of this contest

It is a sound that fills most parents with dread, but at the annual Naki Sumo — crying baby contest — in Japan, wailing and screeching is encouraged.

Eager mothers bring the children to the event where Sumo wrestlers and high priests coax babies into a state of distress. No physical pain is inflicted on the babies; the sumo wrestlers instead growl and scowl in order to get a wail.

The 400-year-old event, which marks the high point of spring, is held each year at the Sensoji Temple in Tokyo.

If both babies cry, whichever wails loudest wins.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Keeping bad spirits at bay

Participating parents believe the Sumo-induced cries are beneficial. The babies are held high, so that their cries are closer to heaven and their mothers pray for their good health. The ritual is also believed to ward off evil spirits.

EXPRESS.CO.UK

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With live storytelling nights popping up in droves, raconteurs are getting more chances to share their tales face-to-face. But, for those who'd rather get their stories from the comfort of their duvet, here's a list of good listening you can do without getting out of bed.

Themoth.org:

Arguably one of the longest running storytelling events, The Moth has been hosting "story slams" since 1997. Though it started it NYC, it's branched out to cities across North America. But for those who a) don't live in a major urban centre or b) just like to tune-in in PJs, the podcast gives you the best of both worlds. @TheMoth

Raconteurs.ca:

Originally launching as a Moth event, Toronto-based Raconteurs set out on their own in early 2012. The monthly night of real-life stories has just one stipulation for its performers: No notes. Tune in by visiting their YouTube channel at youtube.com/raconteurstoronto.

StoryCorps.org

One of the biggest oral history projects in the U.S., StoryCorps records conversations between family and friends to "honour lives through listening." Tune in using their iPhone app or straight from the site. @StoryCorps

Comments

RE: Prof wants to test benefits of nose-picking, published April 24

I think more people do it than we think. And I find it funny that those who don't pick their nose find it so revolting when really it isn't.
Katie, posted to metronews.ca

I'll volunteer my kids. They both do it anyway ...
James Ellis, posted to metronews.ca

Well, I'm not sure about nose picking, but I've been biting my fingernails for my whole life, and I have thought about the same thing. Maybe small bits of germs help keep me healthy over time! I almost never get sick ... But I chew on my nails more than is socially acceptable ...
George Denton, posted to metronews.ca

I hope this professor hasn't applied for and obtained a government grant to do such a study. **NO_MAS_BS, posted to metronews.ca**

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DVD reviews

Silver Linings Playbook

Director. David O. Russell

Stars. Bradley Cooper, Jennifer Lawrence, Robert De Niro

●●●●●

David O. Russell's drama of mental health and family discontent steadily becomes a grinner about a dance contest with an outcome worth caring about. Blessed with both Oscar and TIFF wins, it's the best comedy of the past year. It revolves around Pat Solitano (Bradley Cooper), a Philadelphia teacher with anger management issues. He's a regular ray o' sunshine, as long as you don't rile him. He's working on winning back his wife, who left him and now has a restraining order against him. But this strange girl, Tiffany (Oscar-winner Jennifer Lawrence) won't leave him alone. She has mood swings, too, and so does Pat Sr. (Robert De Niro), especially when his beloved Philadelphia Eagles fail on the gridiron. Good thing his devoted wife (Jackie Weaver) keeps him in snacks. Russell has his work cut out for him making sense of this crew, let alone winning our sympathies. But he pulls it off, even if the ending is a little untidy.

Authentic LL Cool J

New album. On the heels of Accidental Racist, veteran rapper talks charts, controversy and always trying to prove himself

LL Cool J says Accidental Racist, his collaboration with Brad Paisley, was misunderstood. GETTY IMAGES

Rap legend LL Cool J is about to release his first album in five years, but he's been in the news lately for an entirely different reason: his controversial Accidental Racist collaboration with white-hatted country star Brad Paisley.

The quirky single was posited as a conversation between Paisley, representing white Southerners, and LL, with Paisley trying to explain the supposedly innocuous intention behind his Confederate flag-branded T-shirt while his New-York-reared counterpart simultaneously tries to understand while also explaining how the symbol makes him feel.

Well-meaning though it was, the song and its race-probing lyrics, including LL's couplet "If you don't judge my do-rag/I won't judge your red flag," touched off a firestorm online — USA Today mused on whether the tune was an "epic fail" while a piece in the Atlantic was headlined Accidental Racist is Actually Just Racist.

Certainly, LL himself noticed the passionate reaction.

"That's the first song that I've ever done that (brought), like, CNN headlines!" the 45-year-old rapper told The Canadian Press in a telephone interview over the weekend with a hearty laugh.

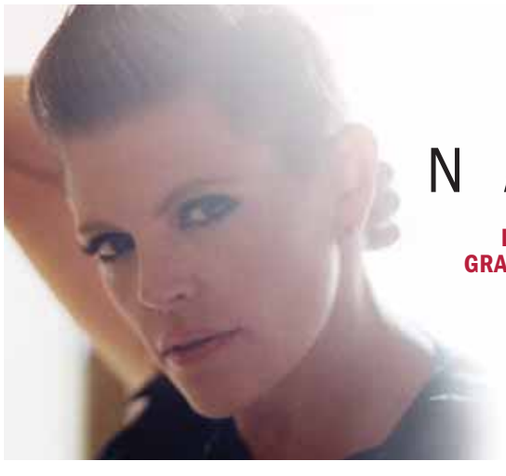
The album features collaborations with artists across all genres — you've got Eddie Van Halen, Bootsy Collins, Seal, Chuck D of Public Enemy, Tom Morello, Travis Barker, Snoop Dogg, Monica and Brad Paisley, among others. What guided those decisions?

I didn't want any boundaries. I wanted to make a limitless record. Working and hosting the Grammys and being around so many types of great musicians, it really just made me realize how I love all types of music. I wanted to make an album that didn't pigeonhole me in one specific area. I didn't want to make an album that was only for a certain type of people or a certain type of stereotype. I wanted to make an album that music fans would love.

Your song with Brad Paisley, Accidental Racist, prompted some really strong reaction, much of it negative. Did you pay attention to it, and what did you make of the response?

Yeah, I paid attention to it. I thought, obviously at the extreme ends of the spectrum, people totally missed the point and just drew the wrong conclusion. I think people in the centre got it and it created a conversation, and caused people to think about that issue. And I think that's a healthy thing for America. I think that it shook up some bruised blood and got people to have a conversation. ... So I have to say man, I think we did our job as artists. It's like the '60s, man. When people made songs, they had to matter. ... I can't guarantee all songs are going to have that kind of whirlwind effect, but it's nice to do something that matters. I'm grateful.

THE CANADIAN PRESS



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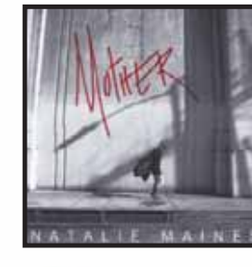

CBC music

Miley Cyrus

Mum now the word for Miley Cyrus

Despite rumours of trouble between them, Miley Cyrus says being engaged to Liam Hemsworth feels like the most natural thing in the world — but she wants to keep it to herself, according to Elle UK. "It just seems right to be wearing this ring and to be committed. But we keep our relationship low-key and don't talk about it anymore." Not talking about things as much seems to be a new guiding principle for Cyrus, who has scaled back on the personal nature of her Twitter output. "We were too nice and gave them too much insight and I don't feel like they get that privilege anymore," she says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lopez looking to the future as Idol return talks begin

It turns out that it was Jennifer Lopez herself who initiated the talks last week for her to possibly return to American Idol, replacing her replacement, Mariah Carey, according to Radar Online. "J.Lo had her manager approach Fox to alert them of her interest in rejoining Idol," a source says. "(Her) twins will enter kindergarten in the fall, and stability is important for them — and J.Lo — at this time." But the source is quick to point out that it was never Lopez's idea that she be swapped in for Carey this season as a fix for flagging ratings — a plan that was reportedly pursued and then scuttled when Carey's camp threatened legal action. Lopez was only looking to return next year. "If there was a 'secret plot' to replace Mariah, as has been suggested, then it was all Fox," the source says. "J.Lo's approach was about the future, not the present. She's talking about next season." Carey's contract only covers one season of the reality competition.

How yoga can help your run

Fitness. Running isn't just about speed, and this yoga sequence won't make you run faster, but better

ROMINA McGUINNESS
life@metronews.ca

Use your yoga to make you a more complete runner. HANDOUT PHOTO

This is what happens to your body when you run

Running is great cardio, but it's not very well rounded, warns Laura Denham-Jones, who teaches a runner's yoga class at London's top health centre, Triyoga.

"As an exercise that requires you to do a repetitive motion, over and over, some muscles are used more than others. The problem, in the long-term, is that if you have some imbalance in the body, like a weak or tight side or a twist in your pelvis, then you're repeatedly doing that same 'out of synch' motion, which will make things worse. Things like your hips and your hamstrings will get tight," she explains.

While it's not so bad to have some tightness in muscles that are supposed to be strong, you'll need to balance out all the work they do.

Why? To prevent injury, warns Denham-Jones.

"If things get too tight, and you then try and do something like increase your stride, you risk to pull your hamstrings. And it's amazing how reluctant runners can be to take time off from their training when they're hurt."

No, yoga will not make you run faster. If that's what you're after, train harder. But what it does offer is injury prevention through stretching and strengthening the body.

"Recovery is crucial; no one should be training hard seven days a week. Yoga, being a practice that helps to decompress the muscles, will draw attention to any quirks in your body. Restoring muscles back to their original length will enable runners to keep their range of motion and strengthen their body," she adds.

Learning to let go of your ego and toes

Yoga is about respecting the body and not being too egotistical.

"It creates a body awareness whereby, when you notice when something is painful, instead of pushing through in a macho kind of way, you learn to take things easy so that you can nip any injuries in the bud, before they blow up. Another benefit is that, as yoga is done bare foot, you can't rely on shoes to support your ankle and so your muscles are doing all the work and they'll inevitably get stronger. You're also stretching the tendons and increasing, suppleness through the foot," says Denham-Jones.

TENSION RELEASING SEQUENCE

Elongate your muscles, lengthen your stride and increase your range of motion

KATHRYN BUDIG, AUTHOR OF THE WOMEN'S HEALTH BIG BOOK OF YOGA

Single Pigeon

Helps to open up the hip flexors and increase range of motion

Crescent Low Lunge

Stretches out the hamstrings and improves balance.

Reclined Big Toe III (with strap)

Stretches the hamstrings, hips, calves and thighs.

Seated Forward Fold (with strap)

Stretches the shoulders, spine and the hamstrings

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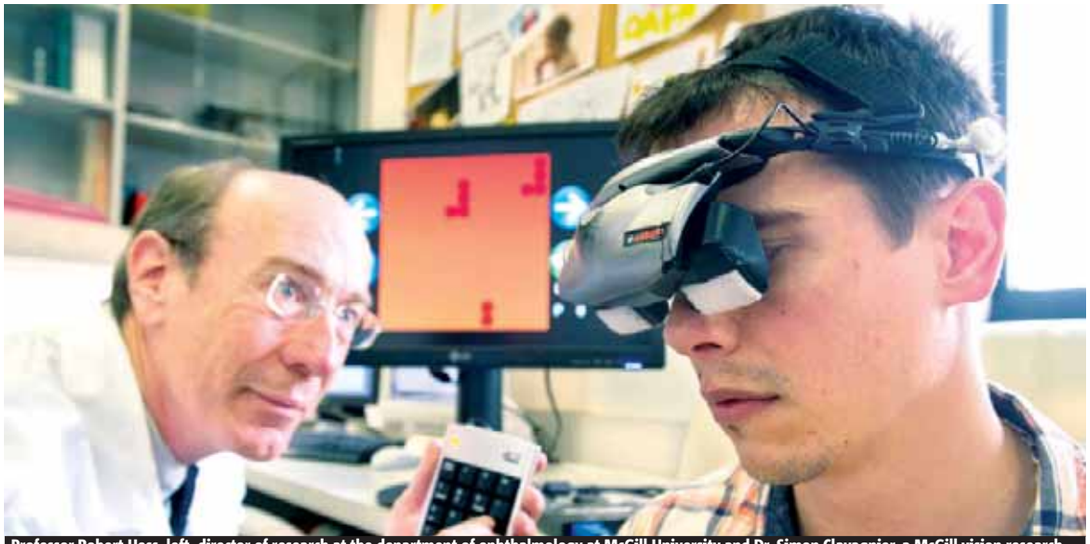
Treating a lazy eye? Research may point to Tetris

Science. Device would make the weak eye do all the visual work in the hope of strengthening it and correcting affliction



Professor Robert Hess, left, director of research at the department of ophthalmology at McGill University and Dr. Simon Clavagnier, a McGill vision research associate, demonstrate the effect of wearing goggles while playing the game Tetris has on a lazy eye. GRAHAM HUGHES/THE CANADIAN PRESS

Patching has long been used to treat a lazy eye in children, although the therapy has limited success and doesn't work at all in adults with the condition formally known as amblyopia.

Now researchers at McGill University in Montreal are testing an innovative means of improving visual function in adults with lazy eye — a puzzle video game that forces both eyes to work together to overcome the common condition.

In a study published Monday in the journal Current Biology, the researchers compared the use of the online video game Tetris with patching, a treatment in which the "good" eye is covered for a lengthy period of time.

The idea is to make the weak eye do all the visual work in the hope of strengthening its acuity.

The patients treated using Tetris showed a four-fold improvement in vision in their lazy eye compared with those who were patched, said ophthalmologist Dr. Robert Hess, director of vision research at the McGill University Health Centre and principal investigator of the study.

Tetris is an early video game that involves manipulating shapes made of small squares — moving them side-to-side or rotating them — as they fall to the bottom of a background grid of same-sized squares.

The goal is to connect different shaped blocks, putting them together in an integrated whole before they fall to the bottom.

"The game itself is sort of incidental in a way," Hess explained Monday from Montreal. "It just provides us with a platform to administer this training that we need to do in a way that's enjoyable.

"The game itself is not so important as the principle behind how we manipulate the game to do some good."

THE CANADIAN PRESS

Common affliction

About three to four per cent of the population develops a lazy eye in very early childhood, making it the most common cause of vision problems in children

- **The science behind it.** A lazy eye, which is unable to see details in sharp focus, has a number of causes, including having misaligned eyes (being cross-eyed) or having a congenital cataract that clouds the lens. The eye itself is usually otherwise normal, as is the optic nerve that transfers visual information to the brain.

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Take the difficulty out of scalloped potatoes in 6 steps

MAIJA MOMENTS
YummyMummyClub.ca

Scalloped potatoes are among my favourite kind of potatoes and are the best starchy side dish to ham.

While I admit this side dish typically takes a bit more effort than your typical Canned Soup Mom recipe, I promise this is a simplified version. And because these potatoes always taste better the next day, you can make them the night before.

1. Wash, peel and thinly slice potatoes.

2. Butter 9 x 13 casserole dish. Layer 1/3 potatoes, 1/3 butter, 1 tbsp flour and 1/3 cheese. Repeat (potatoes, butter, flour, cheese).

3. Follow with final layer of potatoes and top with remaining 1/3 butter.

These scalloped potatoes go great with your favourite entree. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

4. In a bowl, mix 2% milk, coarse salt and dried mustard or paprika, and pour over top of potatoes.

Ingredients

- 8-10 medium potatoes (Russet or Yukon Gold are best)
- 1/4 cup cold butter, cut into small squares
- 2 tbsp flour
- 2 cups shredded cheddar cheese, divided (old or medium cheddar is best)
- 2 cups 2% milk
- 1 tsp coarse salt
- 1 tsp dried mustard or paprika

5. Cover with tin foil and bake in preheated 350 F oven for 1 – 1 1/2 hours until potatoes are soft and bubbly. Sprinkle with remaining cheese and bake uncovered for another 15 - 20 minutes.

6. Serve with your favourite entree.

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Which letter in the alphabet should there be more of? Morels!

Sorry.

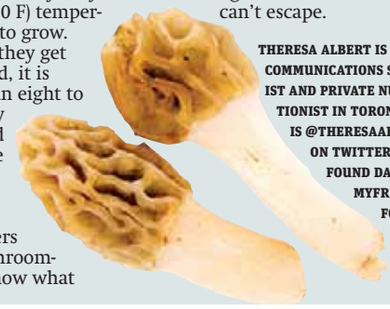
Spring marks the big thaw and the sprouting of luscious things from the earth. Morels come from spores that are carried on the roots of trees and they require loamy, moist soil that is in shade.

Morels tend to come early as they only need a low (50 F) temperature to grow. Once they get started, it is only an eight to 10 day period before they are ready. Hunters and shroomers know what to look for to gather them in the wild, but the novice needs to depend upon farmers markets and grocery stores.

All mushrooms contain trace minerals that fill in the gaps the rest of your diet leaves. Morels serve up vitamin D, copper and iron.

By far the best way to cook them is in a cast iron skillet that has been heated to very high heat. Well rinsed and dried on paper towel, the mushrooms can be added whole after a knob of butter has melted.

Do not crowd the pan. Be sure to let the morels brown rather than steam as they do if they are too close together and the water can't escape.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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With or without Her: A sister's memoir

Christa Parravani. In her attempts to understand her twin sister's downward spiral, the author follows in her footsteps, losing her marriage and nearly her life

ALISON BOWEN
Metro World News in New York City

In the gripping memoir Her, Christa Parravani describes what it was like to grow up alongside — then lose to a drug overdose — her identical twin.

And she begins with a startling statistic: After a twin dies, the surviving twin's life is immediately at risk.

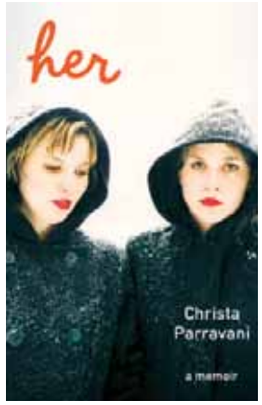
In her attempts to understand her sister's downward spiral (which starts by eating one of her pills, found wedged in a crack on the kitchen floor) she follows in her footsteps, losing her marriage and nearly her life.

She told Metro about using the book as a way to crawl out of that space — to pen the memoir, she incorporated some of her sister's writings, found under her bed in a Tupperware container.

How did you decide when to use Cara's writings?

When something would get really difficult for me — it felt too emotional or I'd gotten to a place where I felt like I couldn't go on because I was exhausted, I was sad or I just kind of plain missed her — I thought, here's the moment to allow Cara into the book.

In the beginning of writing, she was appearing a lot. As time went on and I got more confident in my abilities as a writer and I got further from the grief, I found I needed to rely on her less and less.



Did you make a decision to be so unflinchingly honest?

I wrote the book as if no one would ever read it. It was sort of a love letter to my sister. It was a way to tell her that I loved her and not to be forgotten. In order to write a book that tells truths that are necessary, you have to forget about embarrassing yourself.

Christa Parravani used some of her sister's writing she found in a Tupperware container, in her memoir Her. HANDOUT

Alison on money

Lessons from Boston and Texas

YOUR MONEY
Alison Griffiths
money@metronews.ca

The recent tragedies in Boston and in West, Texas, are reminders that disaster can hit with the speed and force of a tornado.

Similar, if somewhat less dramatic, events happen daily and range from death, divorce and illness to unemployment and acts of God. What these incidents have in common is that they're rarely predictable and usually have financial repercussions.

In light of the two U.S. catastrophes, this might be a good time for readers to take a hard look at their lives. Ask yourself what you appreciate about yours and what you can do to improve things. This isn't about a total makeover, more a gentle review.

Consider the following:

1. Your abode

What do you like about where you live? Can you improve your quarters? It could be something as simple as a bit of paint, hanging a print on the wall or getting a few cheerful plants. If costs are crushing you perhaps there is an alternative — consider what it might be.

2. Your job

Do you feel stuck? What aspects are rewarding? If you don't like what you do, are there ways to change it to increase your satisfaction, even if it means less money?

3. Your commute

I love walking down the hall to work! You might not be so lucky, but for some commuting is actually a source of down time. If you enjoy a few hours of reading the paper on the train or listening to music in your car, remind yourself that this is a positive aspect of each day.

4. Life outside work

Do you have one? Is there something that feeds your soul and is unrelated to life's many obligations? It doesn't have to be expensive. Small pleasures are often the sweetest.

5. Spend on what you love

Try to eliminate anything that doesn't reward you. We shell out huge amounts in mindless haste. Slow down and ask yourself if spending that dollar really enhances your life.

Witnessing tragedies as happened in Boston and Texas is a reminder of our fragility. Examining how we spend and live gives us control over and appreciation of whatever years are available.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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4 SPORTS

BRING IT!

Playoff preview: A year after their disappointing first-round exit at the hands of the eventual Stanley Cup champion L.A. Kings, the Canucks are back in the post-season and so are the pressures and expectations. Metro's Cam Tucker explores the team's playoff storylines while Emily Jackson details the city responses following the riots in 2011. RICH LAM/GETTY IMAGES

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Kesler helps 'right' Canucks power play

For a time, it looked like the Vancouver Canucks might never again score on the power play.

There was that stretch of 11 straight games when the Canucks went without a goal with the man advantage. Once the league's most efficient power play only two years ago, the Canucks, at one point this season, hit the bottom of the NHL in that category.

That's a plummet from grace.

Amazing the difference two players can make.

Derek Roy, acquired in a trade with the Dallas Stars April 2, and Ryan Kesler, who returned to the lineup April 8 after a broken foot kept him out for six weeks, have each provided a unique impact to the Canucks' top two power play units.

Kesler brings what has been a rarity this season — a right-handed shot on the first unit, which included notable lefties Alex Burrows, Daniel Sedin, Henrik Sedin and Alex Edler.

"That's, I think, one thing we've been missing all year, is to have different options," Henrik Sedin said last week.

"A lot of time we've had five lefties on the ice and it's tough. I mean, teams are scouting you, they know where the shot is going to come from, and if you have a right-handed shot in (Kesler) it's going to open up a lot more for me and his shot is terrific.

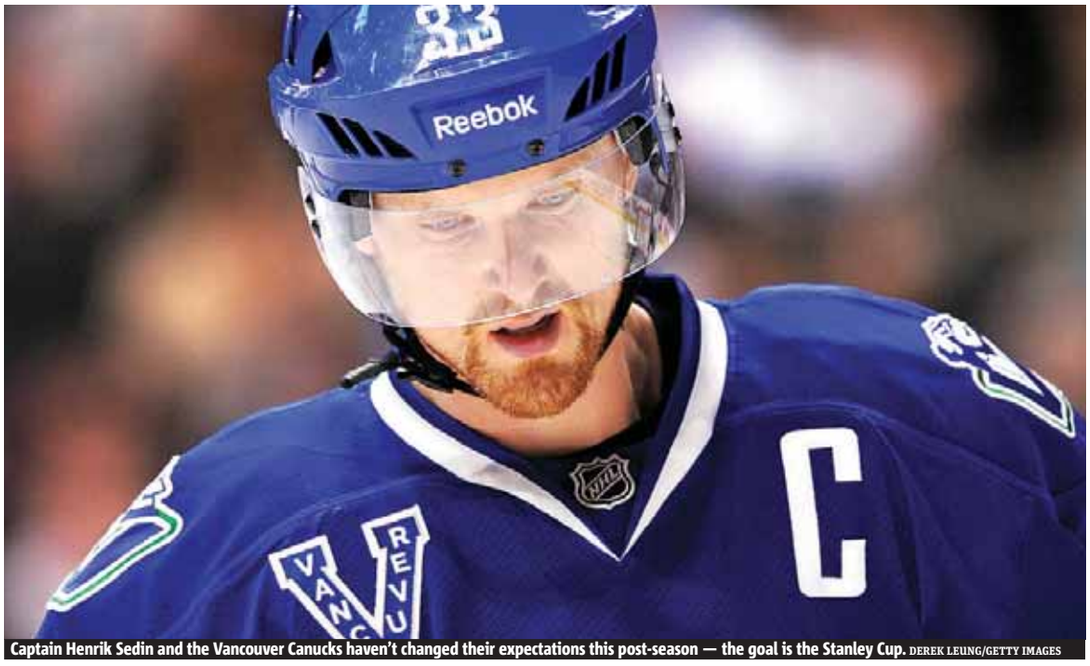
"It's a scoring chance every time he takes a shot."

Roy has stabilized the second unit and offers good on-ice vision and passing abilities.

It's hardly a coincidence that, with those two in the lineup, the Canucks' power play has drastically improved.

And in the playoffs, the success, or lack thereof, on the power play can be the difference between winning and losing a series.

CAM TUCKER



Captain Henrik Sedin and the Vancouver Canucks haven't changed their expectations this post-season — the goal is the Stanley Cup. DEREK LEUNG/GETTY IMAGES

The hunted now the hunter

New role. Canucks skating below the radar among some teams this post-season

CAM TUCKER
cam.tucker@metronews.ca

Their reign as Presidents' Trophy winners is no longer, but maybe this is good for the Vancouver Canucks heading into the 2013 Stanley Cup playoffs.

Vancouver had the National Hockey League's best team in each of the previous two regular seasons, but, with the highest of expectations on both occasions, fell short of the ultimate goal — the Stanley Cup.

So the wait for that first silver chalice in franchise history continues.

The Canucks, as you will likely hesitate to recollect, lost in Game 7 of the final against Boston two years ago, and were swiftly kicked out of the post-season in the first round by the L.A. Kings last year.

Apologies, but context was necessary.

This season has been different. No longer are they the hunted, but the hunter. However, by no means is that reason to predict or guess the final result will be as well.

The Canucks, winners of the Northwest Division for a fifth consecutive year, were far from a powerhouse in this lockout-shortened season. Along the way, their power play, which had usually been a beacon of excellence for the last two seasons, stalled.

Remember when the Canucks scored just three times in 57 man advantage opportunities over a 20-game span from the middle of February to the end of March?

Neither goalie — Cory Schneider or Roberto Luongo — managed to clamp down the starting job until the middle of March, when Schneider reeled off six consecutive wins in both steady and spectacular fashions.

Not to mention injuries, particularly to Ryan Kesler, which exposed the Canucks' lack of depth up the middle.

The Chicago Blackhawks, a familiar foe in these parts, started the season without a regulation loss in its first 24 games, and replaced the Canucks as the regular-season champions, claiming the Presidents' Trophy.

So, after two years of being the target of every other team in the league, the Canucks head into this post-season sans the large bull's-eye.

"People hated us because we were No. 1 and that's what happens," Canucks captain Henrik Sedin said last week.

"Now we're a little bit coming from behind and it's people not talking about us as much in other cities and that makes a big difference."

But does this mean expectations have changed?

"Maybe in other cities," Sedin said.

"But I think in Vancouver … people still look at us as having a shot at it and being maybe one of the two, three teams that can win it all. I don't think here it's too big a difference."

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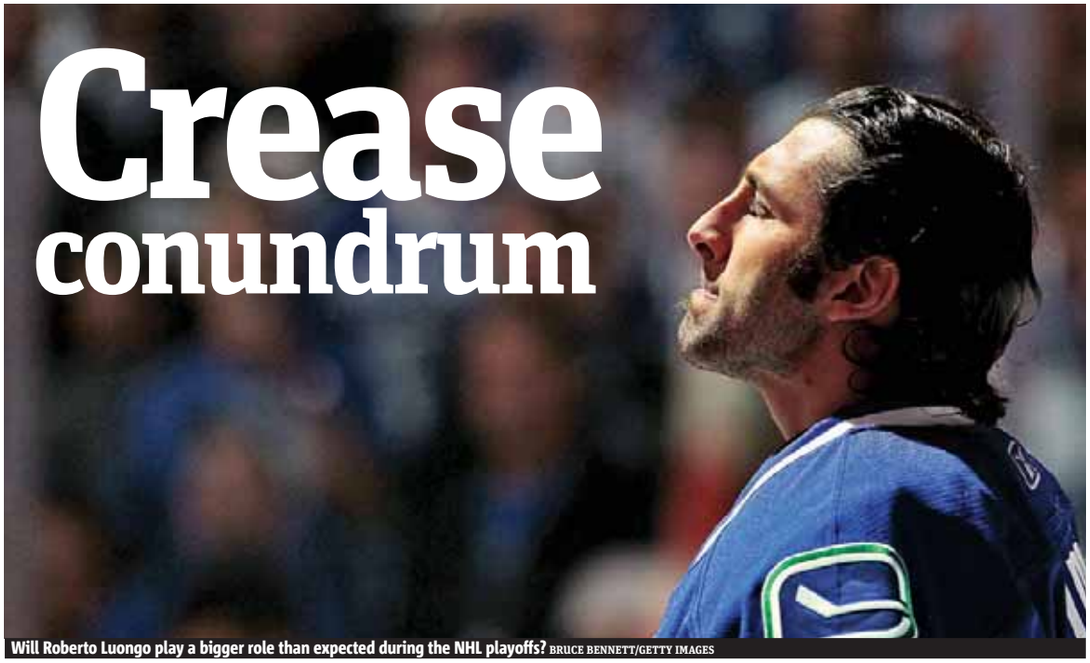

Will Roberto Luongo play a bigger role than expected during the NHL playoffs? BRUCE BENNETT/GETTY IMAGES

Goaltending. Is Schneider healthy enough for Game 1?

CAM TUCKER
cam.tucker@metronews.ca

Like it has been at numerous times this season, the Vancouver Canucks' goaltending situation was again the hot topic of discussion Monday.

Cory Schneider, who missed the remaining two games of the regular season with a mysterious "body injury," took part in the team's practice Monday at Rogers Arena, although there has been no definitive answer on if he will get the start against the San Jose Sharks in Game 1 of the Western Conference quarter-final, which goes Wednesday.

"Again, it's day-to-day. We have (until) Wednesday, so I don't think I need to make that decision right now," said Schneider, adding he skated with goalie coach Roland Melanson for about 30 minutes on Sunday.

The health of Cory Schneider is in question. JEFF GROSS/GETTY IMAGES

"We're going to keep an eye on it, and then come to that decision ... with the trainers and coaches and all that."

With the Canucks about to start the playoffs in two days, the injury is compelling news.

But the timing of when the injury actually occurred is also of interest.

Schneider was excellent in a 3-1 win over the Chicago Blackhawks, this year's Presidents' Trophy winners, seven days ago at Rogers Arena. He stopped 24 of 25 shots faced. He was also coming off an impressive performance against the Detroit Red Wings nine days ago.

In that outing, he made 33 saves through 65 minutes of hockey and denied the Red Wings on all three of their shootout attempts, stealing two points for the Canucks in a game they were outplayed in.

"I know when I was injured but I don't know if ... the team wants me to let you know," said Schneider.

Canucks head coach Alain Vigneault will likely make a decision on his starting goalie Wednesday.

If Schneider can't go, the Canucks can turn to Roberto Luongo, the franchise leader in wins with 233 and shutouts with 35.

True grit shines in the playoffs

It was one of the lasting memories from the 2011 Stanley Cup final — Boston Bruins forward and agitator Brad Marchand landing almost half a dozen left jabs to Daniel Sedin's face in Game 6.

Perhaps worst of all was there was absolutely no reprisal for Marchand using the head of the highly skilled Vancouver Canucks forward like a punching bag.

And then came the flood of criticism towards the Canucks and an apparent lack of a physical deterrent.

In the playoffs, there is really no way to avoid the increased physical toll, except to win a series as quickly as possible. That's easier said than done.

At the top of their game, the Canucks, who will play the San Jose Sharks in the first round with the first two games at Rogers Arena, believe they can play that physical style. They have shown this is possible.

The additions of Tom Sestito, who stands 6-foot-5 and weighs 228 pounds, and was claimed off waivers from the Philadelphia Flyers in March, and Steven Pinizzotto (6-foot-1, 200 pounds) give the fourth line size and grit, although how much ice time they actually see in the playoffs remains to be seen.

Dale Weise (6-foot-2, 210 pounds) has shown a penchant for nastiness in the past. Ditto for Zack Kassian (6-foot-3, 215 pounds).

"I think (we) definitely want to be physical," said the 22-year-old Kassian. "I think we have the right people to do so."

But there is no guarantee all of those guys are going to play in the post-season.

The Canucks will have to count on others — Max Lapierre comes to mind— to ramp up their physical play.

In their third to last game of the season, the Canucks were the initiators, hitting everything wearing a Chicago Blackhawks jersey. Lapierre, especially, as he finished the night with nine registered hits, to lead all players.

When it was over, the Canucks had out-hit the Blackhawks 37-23. They also celebrated a 3-1 win over the 2013 Presidents' Trophy winners.

Associate coach Rick Bowness recently hearkened back to the heated contest against the St. Louis Blues on April 16 as another example of a playoff-style game — with high emotions and increased emphasis on playing the body — of which the Canucks feel they are capable.

"We're going to have to battle through it like we've done," Bowness said.

"We're not afraid out there. So we're going to play our game and if it gets physical, then it gets physical. We have enough size, we have enough toughness in our lineup, we have enough competitive people." CAM TUCKER/METRO

Let's get physical

"I think (we) definitely want to be physical. I think we have the right people to do so."
Forward Zack Kassian

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It's easy to second-guess from a distance

THE HOCKEY NEWS
Edward Fraser
vancouver@metronews.ca

The Canucks are on the clock.

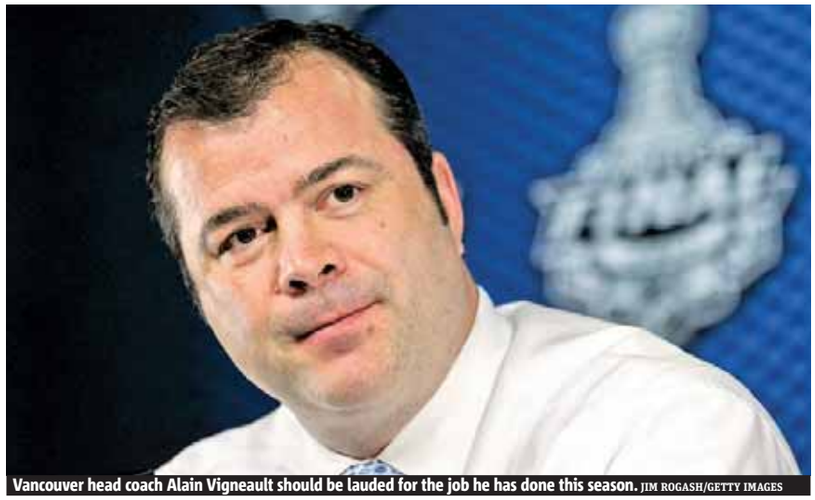
Their two top stars, the Sedin Bros., are on the downside of their careers and the day-to-day durability of the team's third-best skater, 28-year-old Ryan Kesler, has come into question. There is little in the prospect pipeline to get excited about and improvements via free agency won't happen with much of Vancouver's salary room already spent.

Though the Canucks don't enter this post-season as the favourites to come out of the West, this is the best chance they will have to win the first Stanley Cup in franchise history. If they don't get it done in 2013, management faces the knowledge that the core has one more year before a precipitous drop-off.

So the question is: If things go pear-shaped again and Vancouver suffers a second straight early playoff exit, is it time for a new voice to rally the troops before the window closes? Should coach Alain Vigneault be given his walking papers?

The easy answer is yes. If you can't significantly alter the roster, make a swap behind the bench.

But change for the sake of change won't do anything but mollify a fan base that will surely be furious with anything short of a trip to the conference final (and if the Canucks lose to anyone other than Chicago or Anaheim at that point, they will still consider the season a failure).



Vancouver head coach Alain Vigneault should be lauded for the job he has done this season. JIM ROGASH/GETTY IMAGES

Like any coach this side of Scotty Bowman, it's easy to second-guess decisions from a distance. And while there have been genuine head-scratchers this year — line construction and special teams jump to mind — Vigneault should be lauded for his handling of the Cory Schneider/Roberto Luongo mess, the tactics he has employed to cover up his lack of a No. 2 centre for much of the season, for changing gears when the scoring dried up, and for pulling the team out of multiple tailspins.

Alain Vigneault, who has guided Vancouver to five straight division titles, is a very good coach, one who would not be unemployed long if he was let go. Unless the Canucks treat these playoffs like they did their final two regular-season games, Vigneault deserves to see his group through to the end … which means at least one more season.

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Spotlight. Three players to watch

Alex Burrows

Has a knack for scoring clutch goals at pivotal moments in the playoffs. Had a difficult start to 2013, scoring only twice in the first 10 games. Battled back to lead the team in goals. Plays both power play and penalty kill minutes.

Alex Edler

When at the top of his game, Alex Edler can be a premier defenceman. He can be physically imposing and can help provide offence, particularly on the power play. But it can be an uneasy adventure when Edler isn't on top of his game.

Chris Higgins

Not a flashy player, but can provide a strong, dependable, yet underrated game when healthy. Can play on the penalty kill, is effective on the forecheck and has a nice scoring touch. Missed six games due to a knee sprain in mid-April.

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City plans. Lessons learned from 2011

EMILY JACKSON
emily.jackson@metronews.ca

A photo of the riot after the 2011 Stanley Cup final. JENNIFER GAUTHIER/METRO FILE

Vancouver's sanctioned playoff party plans are still in the works, but the city is aiming to avoid the infamous riots that marred the Canucks' last run at the cup.

Festivities will likely focus on neighbourhood and family oriented events outside of the downtown core, such as community centre activities and block parties, according to a statement approved by Vancouver deputy city manager Sadhu Johnston.

"We will also encourage fans to enjoy the many restaurants and bars downtown that host special events on their premises during the playoffs," the statement said.

The city is working with CBC, the Canucks and an event planning consultant to develop plans for this year, but it would not reveal how much money it plans to spend on the activities.

After the 2011 riots, a committee was established to oversee plans for large events. It includes representatives from the city, first responders, TransLink, the health authority and local business.

The Vancouver police don't discuss tactics for large events so individuals can't circumvent their plans, but spokesman Const. Brian Montague said the emergency operations planning section will have a comprehensive plan in place for the playoffs.

The police work closely with other law enforcement agencies in the Lower Mainland to ensure things go smoothly at all large events, including protests and the annual summer fireworks shows, Montague said.

Though police were "quite pleased" they were able to stop the violent riot three hours after it started in 2011, they try to learn lessons from every event, he said.

"We would ask that people coming into Vancouver be respectful for the people that live and work in the city and behave properly, behave responsibly," he said, noting that police are still charging people for their role in the riots two years later.

"Individuals can't get away with certain behaviours without being caught on video or on camera somewhere. If you do decide to commit a criminal act we will do everything we can to identify who you are and charge you."

Police have so far recommended 1,086 charges against 325 rioters, the majority of whom live outside Vancouver city limits.

Exclusively online

- Metro Vancouver reporter Cam Tucker and managing editor Jeff Hodson provide their predictions for each series in the Western and Eastern conferences. Go to metronews.ca/vancouver for more.

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CEP 2000

NBA vet Jason Collins comes out as gay

Washington Wizards centre Jason Collins rebounds against the Bulls on April 17 in Chicago. JONATHAN DANIEL/GETTY IMAGES

'I'm raising my hand.' 34-year-old centre's announcement immediately draws support from NBA, athletes in other sports

With the simplest of sentences, NBA veteran Jason Collins set aside years of worry and silence to become the first active male player in one of four major U.S. professional sports leagues to come out as gay.

In a first-person article posted Monday on Sports Illustrated's website, Collins begins: "I'm a 34-year-old NBA centre. I'm black. And I'm gay."

Collins has played for six teams in 12 seasons, most recently as a reserve with the Washington Wizards after a trade from the Boston Celtics. He is now a free agent and wants to keep playing.

"I wish I wasn't the kid in the classroom raising his hand and saying, 'I'm different,'" Collins writes. "If I had my way, someone else would have already done this. Nobody has, which is why I'm raising my hand."

Saying he had "endured years of misery" Collins immediately drew support for his announcement from the White House, the NBA, current and former teammates and athletes in other sports.

Los Angeles Lakers star Kobe Bryant tweeted that he was proud of Collins, writing: "Don't suffocate who u r because of the ignorance of others."

"We've got to get rid of the shame. That's the main thing. And Jason's going to help that. He's going to help give people courage to come out," said Billie Jean King, a member of the International Tennis Hall of Fame who confirmed she was gay in the early 1980s.

The Wizards issued a statement from President Ernie Grunfeld: "We are extremely proud of Jason and support his decision to live his life proudly and openly. He has been a leader on and off the court and an outstanding teammate throughout his NBA career. Those qualities will continue to serve him both as a player and as a positive role model for others of all sexual orientation."

Collins' coach with the Celtics, Doc Rivers, drew a comparison between Monday's announcement and Jackie Robinson's role when he joined the Brooklyn Dodgers in 1947 as the first black player in Major League Baseball.

"If you have learned anything from Jackie Robinson, it is that teammates are always the first to accept. It will be society who has to learn tolerance," Rivers said. THE ASSOCIATED PRESS

D.C. applauds Collins

The White House is commending Collins for his decision to come out as gay.

- First Lady Michelle Obama took to Twitter Monday to applaud Collins: "So proud of you, Jason Collins! This is a huge step forward for our country. We've got your back!" the tweet read.
- White House spokesman Jay Carney called the decision courageous and says he hopes Collins' colleagues will offer support.
- Former U.S. president Bill Clinton said Collins' announcement is an "important moment" for professional sports and the LGBT community.

NBA

Owners advised to reject Kings' move to Seattle

After an emotional saga that has dragged on for nearly three years, the Sacramento Kings finally appear to be staying put in California's capital city.

The NBA's relocation committee voted unanimously Monday to recommend that owners reject the application for the Kings to relocate to Seattle, the latest — and by far the strongest — in a long line of cities that almost landed the franchise. The committee made the decision over a conference call and forwarded the recommendation to the NBA Board of Governors.

The board, which consists of all 30 owners, will convene during the week of May 13 to vote on the matter.

Moments after the league announced the committee's recommendation, Sacramento Mayor Kevin Johnston wrote on Twitter: "That's what I'm talking about SACRAMENTO!!!!! WE DID IT!!!!!"

Who will own the Kings next season is still unclear. THE ASSOCIATED PRESS

NHL. Corrado an option to replace Tanev on Canucks blue-line

Vancouver Canucks defenceman Chris Tanev, who reportedly suffered an ankle injury on April 6 against Calgary, remains "day-to-day with a boot on," according to head coach Alain Vigneault.

And so the Canucks might lean on another young right-handed shooting blue-liner to start the post-season.

Frank Corrado, 20, who this month competed in the Ontario Hockey League playoffs and has just three NHL regular-season games under his belt, could make his Stanley Cup playoffs debut when the Canucks open up their Western Conference quarter-final against the San Jose Sharks on Wednesday at Rogers Arena.

On Monday, Corrado, Vancouver's fifth-round pick, 150th overall, in the 2011 NHL Entry Draft, skated with Andrew Alberts in what looks to be the Canucks' third defensive pairing.

Cam Barker, who was a minus-4 in Saturday's season finale against Edmonton, and Keith Ballard skated on the perceived fourth defensive pairing.

"I've liked what I've seen from Frank as far as his understanding of the game, his puck movement," Vigneault said.

"The fact that he's a right-hander is definitely a bonus. He seems to be obviously more at ease moving the puck north-south and he's done a good job for us, even though, you have to understand, two of those games were maybe a little less important for us.

"But in the Chicago game (Corrado's NHL debut on April 22 against the Presidents' Trophy winners) he played real well."

CAM TUCKER/METRO

Canucks defenceman Frank Corrado absorbs a check from the Ducks' Patrick Maroon on April 25. DARRYL DYCK/THE CANADIAN PRESS

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)
(Miami wins series 4-0)
Sunday's result
Miami 88 Milwaukee 77
NEW YORK (2) VS BOSTON (7)
(New York Leads 3-1)
Wednesday's game
Boston at New York, TBA
INDIANA (3) VS ATLANTA (6)
(Series tied 2-2)
Monday's result
Atlanta 102 Indiana 91
BROOKLYN (4) VS CHICAGO (5)
(Chicago leads series 3-2)
Monday's result
Brooklyn 110 Chicago 91

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS HOUSTON (8)
(Oklahoma City leads series 3-0)
Monday's result
Oklahoma City at Houston
SAN ANTONIO (1) VS L.A. LAKERS (7)
(San Antonio wins series 4-0)
DENVER (3) VS GOLDEN STATE (6)
(Golden State leads series 3-1)
Sunday's result
Golden State 115, Denver 101
Tuesday, April 30
Golden State at Denver, 8 p.m.
L.A. CLIPPERS (4) VS MEMPHIS (5)
(Tie 2-2)
Tuesday's game
Memphis at L.A. Clippers, 10:30 p.m.

NHL

STANLEY CUP PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7)

EASTERN CONFERENCE

PITTSBURGH (1) VS. N.Y. ISLANDERS (8)
Wednesday's game
NY Islanders at Pittsburgh, 7:30 p.m.
Friday's game
NY Islanders at Pittsburgh, 7 p.m.
MONTREAL (2) VS. OTTAWA (7)
Thursday's game
Ottawa at Montreal, 7 p.m.
Friday's game
Ottawa at Montreal, 7 p.m.
WASHINGTON (3) VS. N.Y. RANGERS (6)
Thursday's game
NY Rangers at Washington, 7:30 p.m.
Saturday's game
NY Rangers at Washington, 12:30 p.m.
BOSTON (4) VS. TORONTO (5)
Wednesday's game
Toronto at Boston, 7 p.m.
Saturday's game
Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
Tuesday's game
Minnesota at Chicago, 8 p.m.
Friday's game
Minnesota at Chicago, 9:30 p.m.
ANAHEIM (2) VS. DETROIT (7)
Tuesday's game
Detroit at Anaheim, 10:30 p.m.
Thursday's game
Detroit at Anaheim, 10 p.m.
VANCOUVER (3) VS. SAN JOSE (6)
Wednesday's game
San Jose at Vancouver, 10:30 p.m.
Friday's game
San Jose at Vancouver, 10 p.m.
ST. LOUIS (4) VS. LOS ANGELES (5)
Tuesday's game
Los Angeles at St. Louis, 8 p.m.
Thursday's game
Los Angeles at St. Louis, 9:30 p.m.
x — played only if necessary.

MLB

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
Boston	18	7	.720	—
Baltimore	15	10	.600	3
New York	15	10	.600	3
Tampa Bay	12	13	.480	6
Toronto	9	17	.346	9½

CENTRAL DIVISION	W	L	Pct	GB
Detroit	14	10	.583	—
Kansas City	13	10	.565	½
Minnesota	11	11	.500	2
Cleveland	10	13	.435	3½
Chicago	10	14	.417	4

WEST DIVISION	W	L	Pct	GB
Texas	16	9	.640	—
Oakland	14	12	.538	2½
Seattle	11	16	.407	6
Los Angeles	9	15	.375	6½
Houston	8	18	.308	8½

Monday's results
Houston 9 N.Y. Yankees 1
Detroit 4 Minnesota 3
Cleveland 9 Kansas City 0
L.A. Angels at Oakland
Baltimore at Seattle
Tuesday's games
All times Eastern
Houston (Humber 0-5) at N.Y. Yankees (Kuroda 3-1), 7:05 p.m.
Minnesota (Worley 0-3) at Detroit (Verlander 2-2), 7:05 p.m.
Boston (Lester 4-0) at Toronto (Morrow 0-2), 7:07 p.m.
Philadelphia (Halladay 2-2) at Cleveland (McAllister 1-3), 7:10 p.m.
Chicago White Sox (Quintana 2-0) at Texas (Darvish 4-1), 8:05 p.m.
Tampa Bay (Cobb 3-1) at Kansas City (Shields 1-2), 8:10 p.m.
L.A. Angels (Richards 1-1) at Oakland (Parker 0-4), 10:05 p.m.
Baltimore (Hammel 3-1) at Seattle (Maurer 2-3), 10:10 p.m.

NATIONAL LEAGUE

Monday's results
Atlanta 3 Washington 2
N.Y. Mets at Miami
Chicago Cubs 5 San Diego 3
Milwaukee 10 Pittsburgh 4
Cincinnati 2 St. Louis 1
San Francisco at Arizona
Colorado at L.A. Dodgers.

Horoscopes

♈ Aries
March 21 - April 20
Sometimes it is right to be selfish and this is one such occasion. Put your own needs first today and don't worry that some people might not like it. What matters is that your efforts are for your benefit.

♉ Taurus
April 21 - May 21
Make an effort to see the good in people rather than the bad today. There is a piece of the divine spark in every human being, though sometimes you have to dig deep to find it.

♊ Gemini
May 22 - June 21
You may be the life of the party most of the time, but you need your private moments too and you definitely need some time and space to yourself today. Keep in touch with the inner you, the real you.

♋ Cancer
June 22 - July 23
Look at your life as it is, think of your life as you want it to be then start working on things that will take you from here to there by the straightest line and in the quickest time.

♌ Leo
July 24 - Aug. 23
Don't follow the herd. Some people like their lives to be predictable and boring but that isn't for you. You're a Leo and Leos were born to be creators — and lovers too.

♍ Virgo
Aug. 24 - Sept. 23
Don't worry about how you are going to reach your long-term goals. Cosmic activity in the sympathetic sign of Taurus is guiding you in the right direction and protecting every step you make. Believe it.

♎ Libra
Sept. 24 - Oct. 23
Your mind is full of big ideas at the moment but do you have the necessary talent to do something with them? Of course you do. Select one major aim for the month of May and work on it every single day.

♏ Scorpio
Oct. 24 - Nov. 22
You may be tempted to go back on something you decided to do because the going is tougher than you expected but that would be a mistake. The toughest part will be followed by the easiest part.

♐ Sagittarius
Nov. 23 - Dec. 21
Just because you are working harder than ever does not mean you will accomplish more. In fact, if the planets are to be believed, you are on the point of exhausting yourself for no good reason.

♑ Capricorn
Dec. 22 - Jan. 20
Everyone needs rules to live by but that does not mean you have to follow someone else's rules, especially if they don't feel right to you. Make your own rules today and be brave enough to live by them.

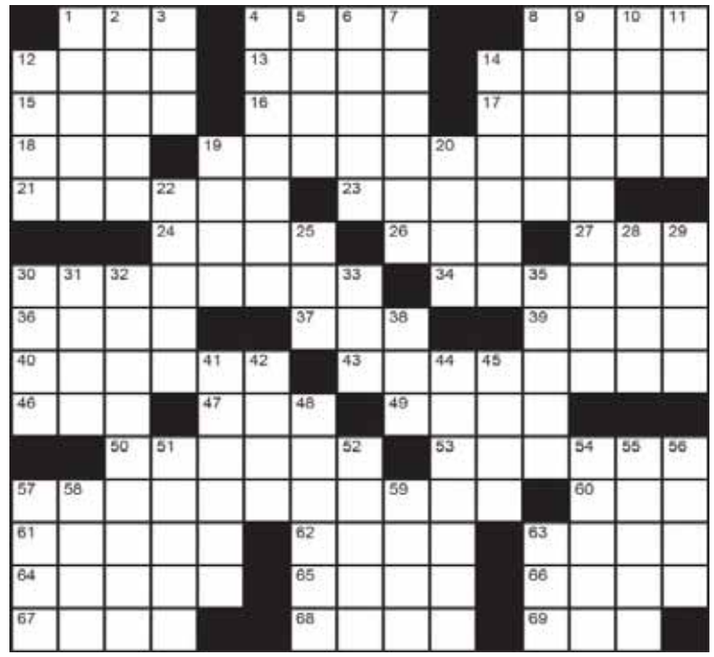
♒ Aquarius
Jan. 21 - Feb. 19
You feel a bit out of touch at the moment. The prevailing mood among your friends is different to what you feel. So what? The world is big enough for all sorts of feelings.

♓ Pisces
Feb. 20 - March 20
Try not to complicate matters today. There are no hidden meanings or motives in what other people say and do, so stop worrying. **SALLY ROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

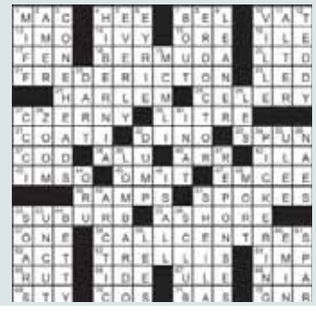
BY KELLY ANN BUCHANAN



Across
1. Crash Test Dummies song, when repeated
4. "Phooey!" [pl.]
8. House: Spanish
12. Frolic
13. Parkay, for one
14. Type of mil. mission
15. Once, poetically
16. Actor, __ Patrick Harris
17. Brit singer Mr. John
18. Univ. web address word, sometimes
19. Midnight, April 30th: 2 wds.
21. Bow
23. "Whose Line Is It Anyway?" specialty
24. Medium, on a label
26. Toronto Raptors org.
27. Medit. locale
30. Canadian History: Farmer of New France
34. Rustling sounding
36. Old†Testament book after Genesis, for short
37. Figure skater Ms. Babilonia
39. Ancient portico
40. Sources of strength
43. Sherlock Holmes sidekick: 2 wds.
46. Mode's intro: 2 wds.
47. 'Human' suffix
49. New Zealand fruit
50. Canadian ice dancing champs, Tessa __ & Scott Moir
53. Tortilla treats
57. "The Kids in the Hall" character: 2 wds.
60. Li'l baseball official
61. WWII Riveter
62. Prefix with 'globin'
63. Prefix to 'dextrous'
64. Vows-exchanging spot
65. From square one
66. Filth
67. "__ Girls" (2004)
68. Mr. von Sydow's
69. 'Conc' completer (Acknowledge defeat).

Down
1. Tuesday: French
2. Canadian fast food chain: 2 wds.
3. Shopping estab.
4. Western series Ottawa-born actor Lorne Greene starred on
5. Author Mr. Haley
6. Swiss character in literature
7. Seriously sincere
8. Yo-Yo Ma's instrument
9. Protest participants, perhaps
10. Coming __ to a theatre near you...
11. Ms. Hathaway
12. Scornful look
14. Sketch again
19. "Hop __ __!" (Move!)
20. Some police alerts, for short
22. Where the hit song (usually) wasn't, __ __
25. 'Differ' suffix
28. "Vamoose!"
29. Meg of movies
30. "__ _ Rebel" by The Crystals
31. Botanical leaf-to-stem angle
32. Cape __, Nfld.
33. Smidgen
35. 'Real' suffix
38. Bother
41. Employee
42. Locale
44. Microsoft operating system
45. Out
48. Lena of HBO's "Girls"
51. 'Beaut' suffix
52. Nina Dobrev's "The Vampire Diaries" dual role, __/Katherine
54. Sauna-like weather
55. Darker-to-lighter highlights
56. BBQ rod
57. Study hard
58. Courtney Love band
59. Charge card, commonly
63. 'Block' suffix

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8	5		7				1	3
3	6		1		4	2		
		7			5			8
5						6	2	
6			2		1			9
	9	1						5
7			5			1		
		8	4		2		7	6
9	2				7		8	4

Yesterday's Sudoku

7	8	5	6	2	1	3	9	4
6	9	3	8	5	4	7	2	1
4	2	1	9	7	3	6	8	5
8	1	6	4	3	9	2	5	7
2	3	7	1	8	5	4	6	9
9	5	4	7	6	2	1	3	8
1	4	2	3	9	8	5	7	6
5	7	8	2	1	6	9	4	3
3	6	9	5	4	7	8	1	2

Today
11°/4°
Sunny
Wednesday
13°/8°
Partly cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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1855 Burrard St.
2338 Cambie St.
2372 West 4th Ave.
2748 Rupert St.
2749 Main St.
3121 West Broadway

Abbotsford
Fraserway Place
Sevenoaks Shopping Centre
2140 Sumas Way
2142 Clearbrook Rd.
2602 Mt. Lehman Rd.
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Chilliwack
Cottonwood Mall
Eagle Landing Shopping Centre
7544 Vedder Rd.
45300 Luckakuck Way

Coquitlam
Coquitlam Centre
1071 Austin Ave.
2988 Glen Dr.
3000 Lougheed Hwy.
3278 Westwood St.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
4912 62nd St.
7235 120th St.

Langley
Willowbrook Mall
8840 210th St.
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
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Lynn Valley Centre
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1801 Lonsdale Ave.

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Lansdowne Mall
Richmond Centre

Surrey
Central City Mall
Cloverdale Crossing
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